QUARTERLY

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

INSIDE...

- **Genetically Engineered Foods**
- **Cancer, Pesticides and Processed Foods**
- **Guidelines for Healthy Eating**
- **Healthy Housing - It's Happening**
- **Indoor Air Environment and Kitchen Appliances**
- **Air Pollution Strategies for the Future**

Spring 1993 The AEHA Quarterly, Vol.XV, No.1

EDITORS' MESSAGE

This is the first issue put out by your new editors, Betty Auslander and Marianne Bertrand. We are taking over this responsibility from Ed Lowans who has spent many hours splendidly creating the last few issues. We wish to thank him for this - one of his many contributions to the AEHA.

Before we made decisions on how we would handle the layout and content of *The Quarterly*, we decided to do a telephone survey with some AEHA members who were chosen at random. We asked why they joined the AEHA; what they liked and did not like about the Quarterly; and what kind of information they wanted. What we heard was that people wanted practical information on things like face masks, sources of indoor air pollution and how other people have been helped. They also wanted updates on what lobbying was going on and any relevant governmental decisions.

On the basis of this feedback, we decided that the main thrust of *The Quarterly* would be to provide information that would be helpful to people in thinking about managing their sensitivities and allergies. We decided to organize the content by topic, such as medical update, indoor and outdoor environments, renovation tips, food, board notes, and to have these as regular features in each issue.

Throughout the issue, you will find messages encouraging you to write to us with information, experiences and comments. Please do so. There is so much we can learn from each other.

Betty Auslander
Marianne Bertrand

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

THE AEHA QUARTERLY

The AEHA Quarterly is a publication of the Allergy and Environmental Health Association, a volunteer, non-profit, registered charity. *The Quarterly* is of interest to people who are concerned about their health and how their health is affected by the environment. Articles in *The Quarterly* deal with a variety of issues, ranging from environmental medicine to how people have improved their health by changes in habits, diet and environment. The Quarterly does not offer medical advice and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

The objectives of the association are many. However, a major focus is the promotion of the exchange of information on the prevention and treatment of environmental sensitivities. People who are environmentally sensitive are no longer able to adapt well to common and increasing exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, in water, or in their home and/or workplace environments. Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as "allergy" but the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to them can trigger environmental sensitivities even in those with no known history of allergies or other sensitivity to the environment. Symptoms may be mild and merely annoying or they can become severe enough to interfere with a persons daily activities, family life, and career. The Thompson Committee Report defined environmental sensitivity in 1985 as "a chronic multi-system disorder involving symptoms in one or more systems of the body."

On a local basis, AEHA branches work toward finding sources of less-contaminated food, water, clothing, and household furnishings, as well as providing referral to counselling on changes of lifestyle that may alleviate symptoms. The AEHA and its branches would like to encourage others to become involved, not only in research on the effects of environment on health, but in working toward a healthier, less polluted environment.

Product information mentioned in *The Quarterly* should be evaluated for personal compatibility, since individual sensitivities vary widely. Mention of a product does not imply that AEHA endorses that product or service.

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MEMBER PROFILE

NEILA LEM'S STORY

Many of us joined the AEHA in order to connect with others who are dealing with environmental hypersensitivities. We are looking for compassion, support, information and insight. The goal of this section is to connect you with the rich experience and wisdom of others.

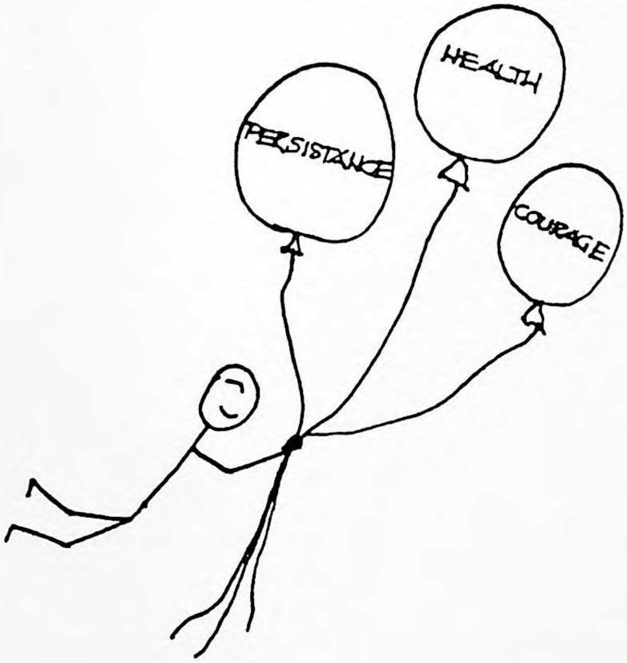
Our first profile is of Neila Lem who does some of the typing for the AEHA Quarterly. We spent a delightful afternoon talking and playing her piano.

Neila has been struggling to regain her good health for over 30 years. In late high school, she was diagnosed as being allergic to ragweed. She received regular allergy shots for five years. During and after her university years, she never knew what it was to be really well. She had very low energy and got sick easily. She was in and out of hospitals.

In 1988, she became very ill and decided to leave her job teaching kindergarden. She was having many digestive problems; had no energy; and suffered from migraines. She often felt depressed, confused, anxious and angry. She experienced terrible self-doubt at being able to handle so many demanding children. She found her co-teacher to be supportive but did not think it was safe to confide in her principal. So, she quit. She now realizes it would have been better to go on sick leave.

In early 1993, after a 14 month process, Neila was recognized by Health and Welfare Canada as a disabled person and eligible for a disability pension because of her "chronic fatigue" and "severe chemical hyper-sensitivity syndrome". The intervention of her MP was important in getting her case addressed.

So what happened between 1988 and 1993? Neila started talking to her many friends about her health problems and heard many suggestions. In 1989, she consulted a health therapist who told her that "the road to health is a long, long road and you've got to find your own path. Recovery will come in bits and pieces. Don't be discouraged. There are solutions but every case is different". Neila decided to adopt this philosophy. She began to research and undertake various kinds of treatment. (See chart next page).



Since 1988, Neila's physical strength, stamina and endurance have improved. She does not experience depression, anxiety and anger as frequently. However, exposures to chemicals and moulds can still generate confusion and a total loss of energy. When she does leave her house, she usually has to wear a carbon impregnated dust and mist mask.

Her list of helpful books include:

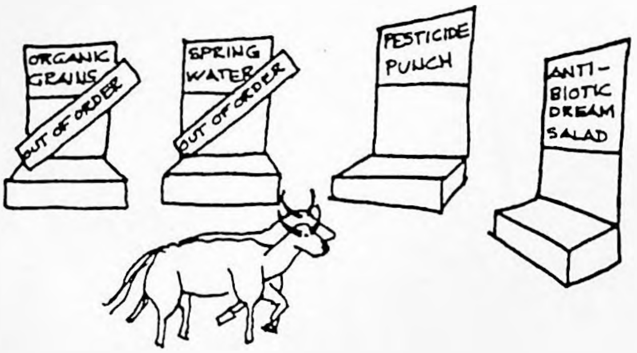
Sherry Rogers: *Tired or Toxic.*
John Bower: *The Healthy House.*
Dr. Cook: *The Yeast Connection.*
L.R. Hubbard: *Clear Body, Clear Mind.*
J. Taylor: *Mercury Toxicity from Dental Fillings.*
T. Warren: *Beating Alzheimer's.*

Betty Auslander

NEILA'S STEPS TO HEALTH

DATE	ACTIVITY	NEILA'S REACTIONS
1989	- stopped using commercial cleaners. - removed non-essentials from bedroom. - installed a reverse osmosis water filter.	- thinking became clearer.
1989	- attended candida research information foundation support group. - strict diet - no yeast, refined foods, sugars, etc. - took perscribed nystatin	- felt well supported. - candida count came down.
1989	- psychotherapy	- built confidence that was on right track. - depression started to lift.
1990	- homeopath constitutional remedy.	- helped a little but not enough.
1991	- used interro machine as a diagnostic tool.	- identified 44 foods should not eat; 26 could eat once a week or less; & 10 foods could eat twice a week or less.
1991	- found a GP who herself had EI (Environmental Illness)	- provided tremendous psychological support.
1991/2	- dentist removed amalgams & used interro tests to determine which materials would be safe for Neila. - followed diet recommendations.	- not a miracle, but I think it allowed my body to start detoxifying.
1992/3	- GP who emphasizes nutrition and nutritional supplements	- with supplements, aches and pains in back and neck disappeared almost overnight.
1992/3	- Tai Chi	- helping physical strength.

FOOD & NUTRITION



FOOD CONCERNS

The increasing number of people experiencing adverse food reactions like allergies, sensitivities and intolerances seems to be related to the dramatic changes in the North American diet that have taken place over the last 60 years. Our diet has become primarily wheat and dairy based. Most of the available processed foods (e.g. cereals, cookies, sauces) contain wheat flour, corn sugar, and dairy ingredients that have been highly refined. The refining process modifies the molecular structure of these ingredients and makes them less nutritious.

Common causes of food allergies, sensitivities and intolerances include: milk, wheat, eggs, chocolate, corn, fish, seafood, citrus, tomatoes, pork, legumes, nuts and alcohol.

Symptoms of allergies or sensitivities include sore throats, runny noses, skin rashes. Allergies can be detected by the presence of "IgE antibodies". Sensitivities can be detected by avoiding the food for a while, then eating it and seeing if you react. Other symptoms of food sensitivities include hyperactivity and irritability. In 1975, Dr. Ben Feingold shared his findings that hyperactivity in young children can often be controlled by eliminating artificial flavours and colours from their diet. (His book is called *Why Your Child is Hyperactive.*)

Another major change in our diet is the consumption of dietary fat which has increased by 27% between 1910 and 1976. Dietary fat and chloresterol are known to be correlated with coronary heart disease. (1) An estimated 50% of the adult U.S. population has levels of blood chloresterol that put them at risk.(2) The 1990 Nutrition Recommendations released by Health and Welfare Canada, recommended that the Canadian diet should include no more than 30% of energy as fat and no more than 10% as saturated fat.

Other concerns about meat and dairy products include (1)the bioaccumulation of pesticides and other industrial chemicals in animal fat and (2)the extensive use of antibiotics and growth hormones used in livestock farming where large numbers of animals are reared in confined spaces.

"Meat contains approximately 14 times more pesticides than do plant foods; dairy products 5 1/2 times more...Analysis of various foods by the F.D.A. shows that meat, poultry, fish, cheese and other dairy products contain levels of these pesticides more often and in greater quantity than in other foods."(3)

There are some 20,000 to 30,000 drugs available for use by livestock farmers. These include sulfonamide drugs, nitrofurans, copper and arsenic compounds, steroids. "Half the antibiotics produced in the U.S. are used in animal feed."(4) Residues from these may be present in meat and dairy products.

Other food concerns include migration from food packaging and cookware; and the use of dusting, dipping, waxing, sprout inhibiting, gassing, soaking, colouring, genetic engineering and irradiation processes.

In most cases the substances found in food are in very small quantities and are usually below the maximum allowable limits established by Health and Welfare Canada. It is possible for people to develop sensitivities to any of these items that enter our food supply, e.g. additives, pesticides, drugs, plastics, waxes.

SUGGESTED GUIDELINES FOR HEALTHY EATING:

1. Avoid eating foods that provoke allergic or sensitive reactions.

2. As suggested in Health and Welfare Canada's Guidelines for Healthy Eating, eat a variety of foods. Using a four or five day rotation diet will ensure that you are eating from a variety of food families and lessens the likelihood of developing more allergies or sensitivities.

Dr. M. Mandell's *The Five Day Allergy Relief System* and T. Randolph's *An Alternative Approach To Allergies* describe this process.

Each day of the 4 or 5 day cycle, you are allowed certain grains, vegetables, fruits, meats and nuts.
For example:
Day 1: rye, corn, potato, citrus, fruit, lamb, cashews
Day 2: rice, squash family, berries, melons, chicken, walnuts
Day 3: wheat, cabbage family, apples, pears, beef fillets
Day 4: millet, peas & beans, plum family, fish, peanuts

Barbara Reed has written a fine book called *Food, Teens and Behaviour* that describes rotation or elimination diets that have helped teens "fly off the handle" less.

3. Be sure to include lots of fiber, e.g. whole grain breads, cereals, vegetables and fruits.

4. Use locally grown, organic foods as much as possible. Grow your own vegetables, fruits and herbs without pesticides. If this is not possible, buy certified organically grown fruits,vegetables and meat. Organically grown means that they have not been chemically treated and that they have been grown on land that has been free of synthetic chemicals for at least one year.

5. If you select non-organic fruit and vegetables, wash and peel them to remove some but not all of the pesticide residues. A mild solution of dish washing soap (not detergent) and water will help remove some additional residues. It will not, however, remove "systemic" pesticides - those that permeate foods. It is a good idea to buy produce in season. Fewer pesticides may have been used. Buy domestic produce. Canada's cold climate means we use less pesticides than many other countries do.

6. Serve your food fresh or lightly cooked. If this is not possible, use cooked, canned or frozen prepared foods with as few additives as possible.

7. Keep your intake of fat, salt, sugar, coffee, refined white flour, chocolate, soft drinks and alcohol to a minimum. Choose low-fat dairy products, lean meats and foods prepared with little or no fat.

   Alcoholic beverages are best avoided. They can impair your ability to respond appropriately; have harmful effects on your liver; and may contain the following substances which should be avoided: ammonia, asbestos residues, colours, EDTA, flavours, glycerin, hydrogen peroxide, lead residues, methylene chloride, mineral oil, pesticide residues, plastic (PVC), sulphur compounds, sulphites.

8. Avoid highly processed and packaged foods. Processes like milling, boiling, flaking, puffing and extruding destroy nutrients. Do not consume bakery products such as pasteries, cakes, and pies. Avoid all refined starch foods like macaroni, spaghetti - use those made of whole ground flours instead.

9. Industrial wastes that are dispersed into the air or water like heavy metals (e.g. lead, mercury, cadmium and arsenic) and organic substances (e.g. dioxins, furans, PCB's, mirex) can end up in fruits, vegetables and meat.

It is a good idea to avoid eating excessive amounts of animal organs such as liver and kidney because metal contaminants are most likely to concentrate there.

Also, cut away excess fat on meat and poultry and avoid high fat dairy products. Pesticides and contaminants tend to concentrate in fatty foods.

Fish are efficient accumulators of toxic organic substances from the aquatic environment. If you eat sport fish, you can check with your provincial environment agency/department to learn the levels of contaminants in the lake the fish was caught in.

(1) Council on Food Policy of the National Association for Public Health Policy. May 20, 1987, p.2
(2) Ibid
(3) Lewis Regenstein. How to Survive in America the Poisoned. (Acropolis Books, 1982), p. 273
(4) R. Buist. Food Chemical Sensitivity. (New York: Avery publishing, 1988) p. 101

Betty Auslander

GENETICALLY ENGINEERED FOODS

A joint ruling from the Council on Competitiveness and the Food and Drug Administration (FDA) in late May will allow genetically altered foods to be marketed without testing or labelling. The Council and the FDA ruled that genetically engineered foods will not be treated differently from natural or traditionally bred foods.

Health professionals are seriously concerned that new genes could affect other genes and create foods which are toxic or highly allergenic. The Environmental Defense Fund notes that genetically engineered potatoes contain material from a number of items including chickens, giant silk moths, greater wax moths, peas, soybeans, viruses, and bacteria. Genetic engineering into crops and livestock also include; mouse proteins, and firefly enzymes; human genes added to pigs in order to create leaner meat, and to fish to increase their size; fish genes added to tomatoes to make them more resilient; and chicken genes to potatoes to slow spoilage.

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CANADA'S POSITION

As of January 1993, Canada does not have any labelling requirements for genetically engineered foods. According to Health and Welfare Canada, proposals are still under discussion.

FREE REPORT

The U.S. Office of Technology Assessment has recently issued a report entitled "A New Technology Era for American Agriculture". Ann Cleary writes in Cognition (Winter 1992/93, p.9) that the report "expresses some doubts on food safety measures for bioengineered products. It states that the EPA has not yet established guidelines on tolerance levels for pesticidal plants, and is inconsistent in its ability to establish science-based regulations for transgenic plants which are rapidly approaching commercialization". You can write for a free 29 page summary of the report from the Office of Technology Assessment, U.S. Congress, Washington,DC 20510-8025.

CANCER CAUSING PESTICIDES IN PROCESSED FOODS

In a unanimous decision the 9th U.S. Circuit Court of Appeals upheld the Delaney Clause, a federal law banning the use of cancer-causing pesticides in foods that are ultimately processed. The three judge panel ruled that such pesticides are covered under the Food, Drug and Cosmetic Act provision that prohibits even trace amounts of any potentially carcinogenic additive in thousands of processed foods.

The case of _Les v. Reilly_ filed by the Natural Resources Defense Council, the AFL-CIO, and Public Citizen focused on 4 specific pesticides: benomyl, phosmet, mancozeb, and trifluralin. The court ruled that under the Delaney Clause, these four cancer-causing pesticides cannot be used on foods that are ultimately processed. The Court's decision has major implications for at least 63 additional food-use pesticides that EPA has determined cause cancer and concentrate in processed foods. This decision will affect both raw foods and processed foods under current EPA policies.

The EPA has a right to appeal the ruling.

When Congress concluded its session, two bills were pending that would legalize carcinogens in foods. An industry-sponsored bill would permit carcinogens in foods at the discretion of the EPA; another would establish a minimal risk ceiling of one in a million, with a margin of safety for foods commonly consumed by children.

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The Natural Resource Defense Council (NRDC) has released a compilation of pesticides used on food crops that are classified by the U.S. Environmental Protection Agency (EPA) as potential carcinogens. (See table.) The list contains 68 pesticides and is roughly evenly divided between herbicides, fungicides and insecticides (including miticides).

Some of the pesticides on the list are frequently used. The four most commonly used pesticides in the United States (by weight) are on the list: atrazine, alachlor, metalochlor, and 1,3-dichloropropene.

Caroline Cox, Journal of Pesticide Reform, Winter 1992/Vol.12,No.4. (503)344-5044.

Food Use Pesticides Classified by the U.S. Environmental Protection Agency as Potential Carcinogens[1]

Pesticide Active Ingredient	EPA Cancer Classification	Source	Pesticide Active Ingredient	EPA Cancer Classification	Source
1,3-dichloropropene	B2	I,II,III	methomyl	C	I,II,III
acephate	C	I,II,III	metiram (EBDC)	B2	I,II,III
acifluorfen (sodium acifluorfen)	B2	I,II,III	metolachlor	C	I,II,III
alachlor	B2	I,II,III	norflurazon	C	I,II,III
Aliette (fosetyl-al)	C	I,II,III	oryzalin	C	I,II,III
Amdro	C	I,II,III	oxadiazon	C	I,II,III
amitraz	C	I,II,III	oxadixyl[c]	C	III
Apollo (clofentezine)	C	I,II,III	oxyfluorfen	C	I,II,III
arsenic acid (orthoarsenic acid)	A	I,III	o-phenylphenol	B2	I,II,III
asulam	C	I,II,III	PCNB (Quintozene)[d]	B2	II,III
atrazine	C	I,II,III	para-dichlorobenzene	C	I,II,III
benomyl[a]	C	I,II,III	parathion (ethyl)	C	I,II,III
bifenthrin	C	I,II,III	permethrin	C	I,II,III
bromoxynil	C	I,II,III	phosmet (Imidan)	C	I,II,III
captan	B2	I,II,III	phosphamidon[e]	C	I,II,III
chlorobenzilate[b]	B	I	procymidone	B2	I,II,III
chlorothalonil	B2	I,II,III	pronamide (Kerb)	C	I,II,III
cyanazine	C	II	propiconazole (Tilt)	C	I,II,III
cypermethrin	C	I,II,III	propoxur	B2	I,II,III
dichlobenil	C	I,II,III	Savey (hexythiazox)[f]	C	I,II,III
dichlorvos (DDVP)	C	I,II,III	simazine	C	I,II,III
diclofop-methyl (Hoelon)	C	I,II,III	terbutryn	C	I,II,III
dicofol	C	I,II,III	terrazole (etridiazole)	B2)	I,II,III
dimethipin (Harvade)	C	I,II,III	tetrachlorvinphos (Gardona)	C	I,II,III
ethylene oxide	B1	I,III	thiodicarb[a]	C	I,II,III
Express (tribenuron-methyl)	C	I,II,III	thiophanate methyl[a]	C	I,III
folpet	B2	I,II,III	toxaphene[g]	B2	I,III
fomesafen	C	I,II,III	TPTH (triphenyltin hydroxide)	B2	I,II,III
lactofen	B2	I,II,III	triadimefon (Bayleton)	C	I,II,III
lindane	B2/C	I,II,III	triadimenol	C	I,II,III
linuron	C	I,II,III	tribufos (DEF)	C	I,II,III
mancozeb (EBDC)	B2	I,II,III	tridiphane	C	I,II,III
maneb (EBDC)	B2	I,II,III	trifluralin	C	I,II,III
methidathion	C	I,II,III	zineb (EDBC)[h]	B2	I,II

A = Human carcinogen (sufficient evidence of cancer causality from human epidemiologic studies).
B = Probable human carcinogen (B1 = limited evidence from human epidemiologic studies; B2 = sufficient evidence of carcinogenicity from animal studies).
C = Possible human carcinogen (limited evidence of carcinogenicity in animals in the absence of human data).

I. Discovery documents from *People of the State of California v. Reilly*, Table 1 (revised). June 24, 1991.
II. Engler, R. (U.S. EPA Science and Coordination Branch). 1991. Memo to U.S. EPA Health Effects Division Branch Chiefs. May 22.
III. Bureau of National Affairs. 1992. Environmental Protection Agency list of food use pesticides evaluated for carcinogenicity, compiled as of June, 1991. *Chemical Regulation Reporter* (August 28):1000.

a. Potentially oncogenic metabolite or contaminant.
b. All of this pesticide's uses have been cancelled. EPA intends to revoke its tolerances.
c. Oxadixyl is a proposed new chemical.
d. Contains the carcinogen hexachlorobenzene as a contaminant.
e. All remaining uses voluntarily cancelled by manufacturer in 1990.
f. Temporary tolerances for this pesticide have expired.
g. All toxaphene uses were cancelled in 1982. However, an emergency exemption allows remaining stocks of the pesticide to be used on cotton, corn, and small grains.
h. All uses of this pesticide were suspended in 1988 and have been proposed for cancellation; food tolerances are still in effect.

MEDICAL UPDATE

CONGRESSIONAL FUNDING FOR MCS RESEARCH & REGISTRY

In a milestone accomplishment, the U.S. Congress appropriated $250,000 for research on multiple chemical sensitivity (MCS) to be coordinated with the National Center for Environmental Health Strategies (NCEHS).

The funds will be used to hold workshops to develop research protocols and to establish a registry for people with this illness.

The National Academy of Sciences has recommended testing subjects under "controlled environmental conditions" in an environmental unit. The workshops will, in part, focus on the design, construction, operation and maintenance of environmental testing units, as well as the development of testing protocols and the selection criteria for research subjects.

The registry will collect information on the medical and exposure history of those afflicted with MCS. "It will give us our first systematic look at those afflicted with this debilitating condition", according to NCEHS President Lamielle.

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FREE INFORMATION

The Canadian government provides a free information service help line for anyone with disabilities, including environmental sensitivities. They will also provide information to your employer or landlord on how to accomodate your special needs. Call 1-800-JANCANA.

FOOD & NUTRITION continued from page 8.

FOOD - RECENT RESEARCH

FISH AS A SOURCE OF EXPOSURE TO MERCURY AND SELENIUM. B.G. Svensson et al of Lund. Sweden, Sci Total Environ. Sep 11, 9, v126,n1-2,p61.

This study found a positive correlation between the consumption of fish and mercury levels in whole blood, erythrocytes and plasma. It also found a significant correlation between the number of teeth with amalgam fillings and plasma and urinary mercury levels.

STAINLESS STEEL COOKWARE AS A SIGNIFICANT SOURCE OF NICKEL, CHROMIUM, AND IRON. Joel Kuligowski and Kopl M. Halpern, Pennsylvania State Univ. Erie. Archives Env. Contam. & Tox. Aug 92, v23, n2, p211.

Seven stainless steel pots were exposed to 5% acetic acid to assess corrosion of nickel, chromium and iron. Their findings would indicate that if you cook acidic foods, such as tomatoes, rhubarb, lemon or vinegar in a stainless steel pot, the amount of nickel absorbed into the food could be a problem for people with nickel allergies.

A SURVEY OF THE MONOSODIUM GLUTAMATE CONTENT OF FOODS AND AN ESTIMATION OF THE DIETARY INTAKE OF MONOSODIUM GLUTEMATE. Joan Rhodes et al. Lancashire County Lab. Preston, Uk, Food Additives & Contaminants, Sep-Oct 91, v8, n5, p663.

This study estimates that the average person consumes 4.1g. of MSG per week and 9.2 g per week if they purchase foods from the analyzed list of over 200 products that list MSG as an ingredient.

BUILDING & RENOVATIONS

HEALTHY HOUSES

The following article on the CMHC Healthy House Competition winners, was originally printed in SOLPLAN REVIEW, April-May 1992. We have mentioned the contest and its results in previous issues, but we thought you may enjoy a more detailed look at some of the building solutions which were proposed. It is interesting to note that building for hypersensitivities or non-toxic building is only one aspect of what is considered "Healthy Housing".

CMHC HEALTHY HOUSE COMPETITION

The design of Healthy Housing involves healthy indoor environments, energy efficiency, resource efficiency, environmental responsibility and affordability. Canada Mortgage and Housing Corporation sponsored the Healthy Housing Competition. It challenged teams to develop new designs to meet these criteria.

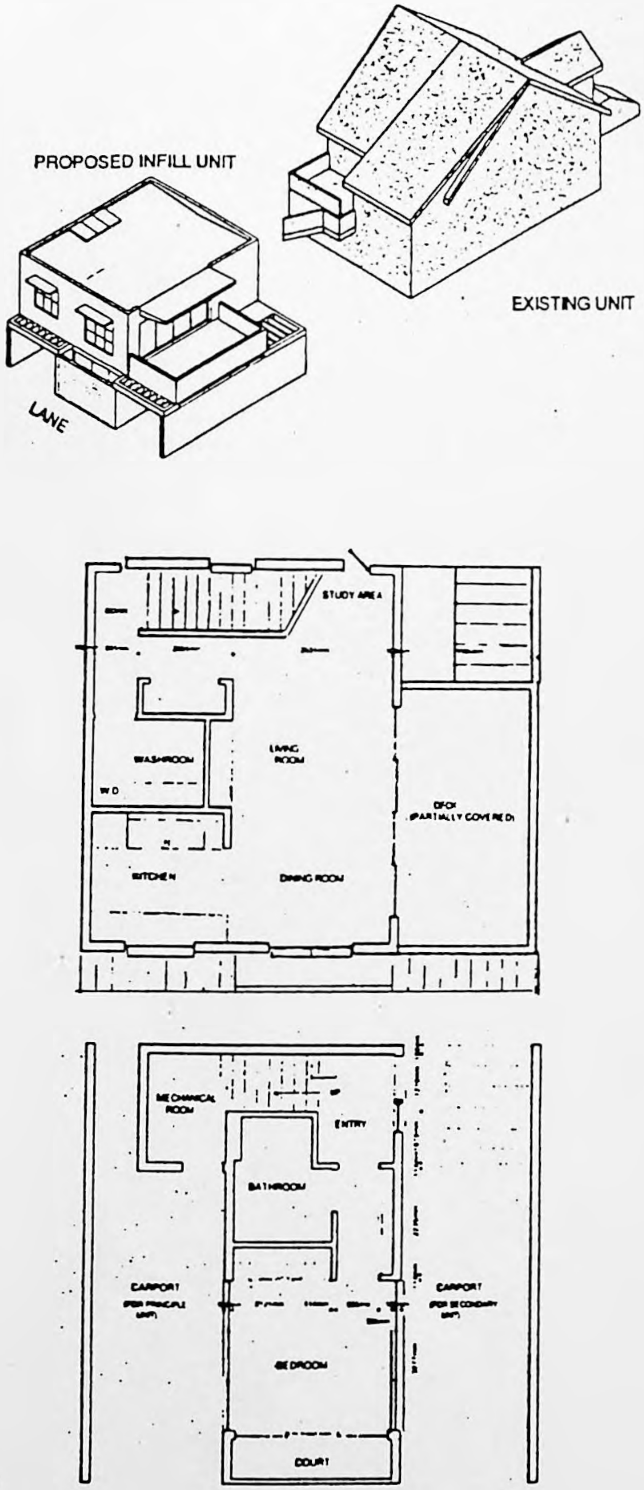
Winners of CMHC's Healthy House Design Competition were announced in Vancouver at the Globe '92 Conference. They are Martin Liefhebber Architect of Toronto, and the Team of Habititat Design & Consulting and Greg Johnson Architecture/Engineering of Vancouver.

The winning designs include innovative and affordable ideas. Both offer new solutions to urban infill problems. Each combines high levels of efficiency for energy and resources with low environmental impacts and measures to improve occupant health.

HABITAT DESIGN & CONSULTING (CHRIS MATTOCK) AND GREG JOHNSON ARCHITECTURE/ENGINEERING

This design is notable for its attention to occupant health and indoor air quality that has been achieved by careful selection of building materials, avoidance of moisture problems and balanced ventilation.

The infill is designed to use the latest in technical knowledge to minimize the embodied energy in



Habitat Design & Consulting winning entry materials, minimize lifetime energy consumption, and provide the healthiest possible environment for the occupants.

The dwelling is not large, only 918 sq.ft., designed for occupancy by two people. The internal layout of the unit was kept simple and open to reduce construction costs and ensure the relatively small spaces feel as large as possible.

The proposed shared site (33' x 122') is typical of many Vancouver residential areas. It could be widely applicable if zoning by-laws concerning density are adjusted.

The design uses wood frame construction on slab-on-grade foundation. Advanced framing techniques reduce the amount of framing lumber which improves the thermal performance of assemblies. The Airtight Drywall Approach was chosen to create the air-vapour barrier.

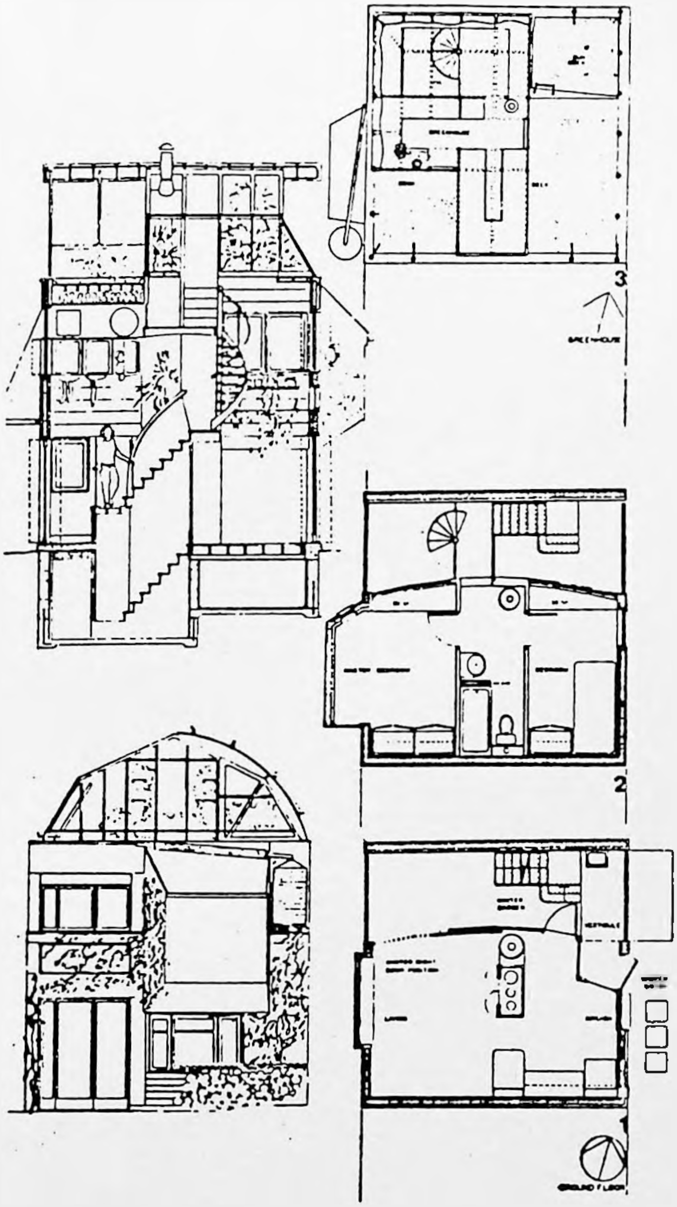
To deal with concerns about extra loads on the community infrastructure (especially water and sewage), the design shows that if modest upgrades are done to the existing principal house, total municipal loading is reduced, even with two dwellings tied into the grid in place of one.

One area in which this design excelled was the attention paid to occupant health, in particular, indoor air quality. The criteria for selecting materials to avoid off-gassing was extensive and exacting. A balanced mechanical ventilation system, which meets CSA F326, minimizes the entry of soil gases and outdoor air pollutants.

WHAT IS THE PREDICTED PERFORMANCE?

Energy for space heating: 18,322 kWh/yr (approx.$550/yr assuming $0.03/kWh gas equivalent).
Energy for light and appliances: 5,840 Kwh/yr ($409/yr assuming $0.07/kWh).
Total annual operating costs for all energy: $1,276.00.
Annual water consumption: 77,000 litres/capita
Construction cost is estimated at $112,660.

Selected comments from jury members:
Attractive without detracting from the principle



Martin Liefhebber Architect, winning entry *residence - solves problems nicely.*

The whole project is quite sensitive and a really good response to urban infill.

Technically competent and workable, using available technology. The real innovation is in the housing design.

A good idea. Makes intensification attractive, especially for elderly and physically challenged.

MARTIN LIEFHEBBER ARCHITECT

An outstanding enviromental feature of the Liefhebber design is its independence. This autonomous solution offers an answer to concerns about community infrastructure. The design shows that it is not necessary to be connected to electricity or natural gas utilities or to the water supply or sewage infrastructure.

It is based on principles of Environmental Responsibility. It will return more to the natural and social infrastructure than is taken out and contribute to the fundamental needs of its inhabitants with a minimum of demands on energy consuming resources.

The house will not use the sewage and waste disposal infrastructure. Rather it will contribute to the regeneration of the biotic mass and provide for the fundamental needs of its inhabitants with a minimum waste of natural resources.

The house is not meant to be connected to the energy grid, but combines passive solar gains (through the solarium) with a wood heater for space heating and photovoltaics for electrical generation. The house is also free of the city water supply and treatment infrastructure. It has a rain water recovery system; two water purification systems; grey water recycling; an organic waste composting tank; and ultra low-flow fixtures (including a toilet that requires only one cup of water per flush).

The house is a three-storey dwelling on an area not much larger than would be occupied by a two-car garage. The proposed site is in the centre of Toronto on a typical 26' x 138' lot, but the principles could be applied to any location.

The wood frame construction is located on a foundation of Durisol Wall forms with reinforced concrete. (Durisol is a moulded and compressed material composed of only raw materials such as wood shavings).

WHAT IS THE PREDICTED PERFORMANCE?

Energy for space heating; annual heating load (in Toronto) of 2,750 kWh supplied by 3/4 of a cord of wood.
Total annual operating costs for all energy: $832.00
Water consumption: system supplies 13,602 - 22,700 litres per year.
Construction cost estimated at: $118,155.00

JURY COMMENTS INCLUDED:

Revolutionary in getting off utility grids (gas, electricity and water) yet coming in at a reasonable cost.

To build this entry would be to push the development of housing design and technology.

Attempts to integrate a lot of new ideas.

Has very exciting features.

HONORABLE MENTIONS

The jury awarded four Honorable Mentions:

A.R.E. ALTERNATIVE AND RETROFIT ENERGIES INC. Calgary, Alberta.

Team: Jorg Ostrowski, Helen Ostrowski, Orion Low,and Tony Argento.

For the design of the retrofit of a large two-storey suburban home to provide 3 units, one for persons with disabilities. Features include extensive use of solar energy and 67% reduction in water use.

STUDIO 125 INC. ARCHITECT, Etobicoke, Ontario.

Team: Blake Millar, Jiri Skopek, Michael Ankenmann, Dr. Jozef Krop and Richard Tamkin.

A 2-storey, 4-bedroom single family home which is also suitable as row housing or for apartments. Front and rear porches provide summer cooling and winter solar heating while a central staircase and belvedere window provide natural lighting. Features considered include indoor air quality and efficiency in energy and water use.

URBAN ENVIRONMENT CENTRE, Toronto, Ontario.

Team: Robert Tmej, Greg Allen, Roger Algie, Ed Lowans, Henny Markus, Michael Holm, and Rob McMonagle.

Retrofit of a large, semi-detached 80-year-old home to include a suite for a hypersensitive individual. Features an emphasis on indoor air quality and solar contribution.

HEALTHY HOMES CONSULTING, Lower Sackville, Nova Scotia.

Team: Robin Barrett, Tom Livingston, Tom Emodi and Peter Meridew.

Design for an affordable 2-storey 3-bedroom suburban frame construction detached home intended for a "cluster" development. Features high levels of energy efficiency and staged construction to provide affordability.

For more information on the House Designs of the Winners, Honorable Mentions and Finalists, contact:
The Canadian Housing Information Centre (CHIC),
700 Montreal Rd,
Ottawa, Ontario, K1P 0P7

Tel: (613) 748-2367
Fax: (613) 748-4069

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UPDATE

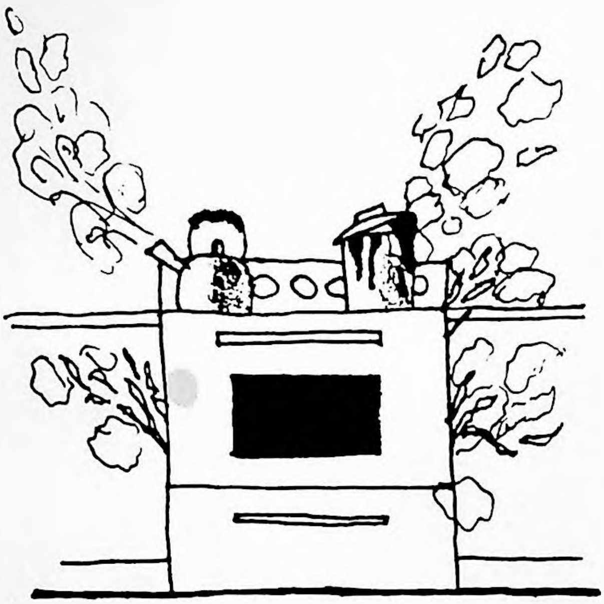
The Martin Liefhebber Architect Inc. design is slated to be built later this year on Sparkhall Avenue, in Toronto, Ontario.

There have been some hold-ups with permits as the design deviates drastically from the current building code regulation boundaries.

Approval is being sought under special consideration for innovative housing and prototype status.

Compromises were made on both sides. The original site was ruled out as it conflicted with current infill housing regulations. Some design changes were required for the new site as the sun exposure and topography are very different from the original.

INDOOR AIR



KITCHEN APPLIANCES & VENTILATION

Kitchen appliances, such as dishwashers and gas ranges or the lack of appliances, such as fume hoods, can greatly affect the quality of indoor air.

DISHWASHERS

Dishwashers may generate soap fumes and humidity.

- Use mild environmental soaps, rather than harsh detergents.
- Use your judgement. If a product touted as environmental still bothers you, switch brands.
- Vent the dishwasher to the outside. This can be difficult to do with some models as the vent is located in the front of the machine. With this type of machine you may need to provide a seperate vented compartment or room, such as a pantry, which is mechanically vented to the outdoors.
- There are models available which are made to accomodate exterior venting - check the specifications before you purchase a machine.

REFRIGERATOR

- Check the evaporation tray (located underneath) on a regular basis for dust and moulds.
- Pull out the fridge on a regular basis and clean underneath, behind and on top.

FUME HOODS

- Vent all cooking surfaces with an overhead fume hood. Fume hoods are much more effective than down vents, as most cooking vapours rise naturally.
- When purchasing a fume hood consider its noise level. It is important the fume hood be as silent as possible, otherwise it won't be used.
- A model with variable speed can be helpful, as lower speeds may be quieter for long term operation.
- Use fume hoods which are vented directly outdoors.
- Stay away from models which are not vented outdoors - they simply recirculate air through a filter and back into the room.
- If you have an existing model which recirculates air, clean the filter on a regular basis.

COOKING RANGES - CLEANING

- Stay away from harsh cleaning products.
- Prevent spills by using proper-sized containers. Catch spills by lining the bottom of the oven.
- I have used baking soda and steel wool to clean my oven; it's not easy but it does work. Books such as, *Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping*, by Anne Berthold-Bond and *The Nontoxic Home - Protecting Yourself and Your Family from Everyday Toxics and Health Hazards*, by Debra Lynn Dadd, have various recipes and methods for non-toxic oven cleaning.
- To avoid cleaning altogether, consider a self-cleaning oven.
- Be sure to vent a self-cleaning oven to the outdoors.
- If the self-cleaning oven cannot be vented to the outdoors, be sure the fume hood/exhaust

fan is on during cleaning.

- Drop in stove top models with separate ovens attract less dust than floor models which allow dust and dirt to gather underneath, behind and on the sides.
- If your oven is a free standing model (not a stove top), be sure to pull it out on a regular basis to clean around and underneath it.

COOKING RANGES - GAS

Indoor air quality can be greatly affected by standard domestic gas ranges as they release combustion byproducts directly to the indoor environment. Several things can be done to minimize these indoor pollutants:

- If your range has a pilot light, check the flame to ensure it is burning efficiently. The pilot light and burners should burn blue. If your flame is not burning blue, the jets, which feed the burners, or the burners themselves may need cleaning. Call your local gas company and have them check the range. Most of them provide this as a free service.
- Flint start ranges are preferable over ones with pilot lights. With a flint start, there is no pilot light - the gas only flows when the burner is turned on. The burner is lit with a spark at the time the burner is turned on.
- All gas ranges currently on the market have open combustion and should be used in conjunction with a fume hood vented outdoors.

GOOD NEWS FOR THE FUTURE

The Canadian Gas Association (CGA) has developed a sealed combustion gas cooking range. Sealed combustion means there is no open flame and combustion byproducts cannot enter the indoor air environment.

The range is currently in prototype form and will not be available as a consumer product for another year or two. Better late than never!

Marianne Bertrand

MAKING A STINK ABOUT PERFUMES

For those of you bothered by perfume ads in magazines, good news is here - or almost. Readers and publishers alike have been frustrated over the issue of scented perfume ads. In an attempt to solve the dilemma, some magazines, such as Harper's Bazaar, The New Yorker, People, Town and Country and Chatelaine, will send you upon request, a "non-scented" copy. Hurray!

Vogue magazine is working on foil packs which seal in the odour of the perfume ads. Yahoo! For those that want to smell the perfume - the foil pack can be opened. Hopefully this will be the best of both worlds. This news brings a breath of fresh air and a sigh of relief to many people, myself included.

A special thanks to all publications which are addressing this issue.

OUTDOOR AIR

AIR POLLUTION PLAN

Canada's environment ministers announced in November of 1992 that they hope to work out a national air-quality plan in the next year, bringing all pollution programs under a single umbrella for the first time.

The promise came hours after Pollution Probe released a report saying thousands of tonnes of toxic air pollutants are drifting down onto Canadian soils, crops and waterways, and that efforts to control city smog are failing.

Federal Environment Minister Jean Charest did not dispute the findings of the Toronto-based environmental group.

But he said the national plan will deal with air pollutants, including toxic chemicals, smog and greenhouse gases.

"We are hoping for an umbrella air-quality accord for all of Canada," he told a news conference in Aylmer, Que., at the conclusion of a meeting of federal and provincial environment ministers.

The Pollution Probe report said Ottawa and the provinces have shirked their responsibility to protect the air Candians breathe.

"Despite fine-sounding promises and public pronouncements, they [federal and provincial governments] continue to ignore health and environmental threats, including urban smog and airborne toxic contaminants," Janine Ferretti, executive director of the environmental group, said at a Toronto news conference.

Because there was no overview of how effectively governments have been protecting air quality, the group undertook to prepare one by collecting the latest data through interviews with numerous government officials, Ms. Ferretti said.

"Frankly, what we discovered surprised even us."

The report cites a number of alarming findings that indicate that Canadians are breathing what Ms. Ferretti describes as "chemical soup.'

Among these are:

. At least once each year, more than half of all Canadians are exposed to unhealthy levels of ground-level ozone, a principal ingredient in smog.

. No one knows how many tonnes of toxic pollutants are dumped in the air each year, but the incomplete data collected by Pollution Probe puts it in the thousands.

. An estimated 34,000 tonnes of benzene, a solvent that the report says is linked to leukemia, is released each year, 70 per cent of it from motor vehicles.

. In 1988, aluminum smelters in Quebec released 1,390 tonnes of polycyclic aromatic hydrocarbons, a group of compounds the report says contain known carcinogens.

. Dry cleaners released an estimated 14,000 tonnes of volatile organic compounds in 1990, mainly perchlorethylene, described by the report as a toxin and probable carcinogen.

. The Ashbridge's Bay sludge incinerator on the Lake Ontario shore in eastern Toronto releases 310 kilograms of lead each year, 210 kilos of chromium, 230 of mercury and 110 of cadmium, all toxic heavy metals.

Government negligence is indicated by two key indicators: the low funding priority given to air issues and the lack of standards for air quality, the 161-page report says.

Most provinces do not even spend 4 per cent of their environmental budgets on air quality, and most do not routinely monitor concentrations of toxic substances in the air, even near known sources, the report says.

When they do collect information, most provinces delay publishing it for two to four years; some do not bother to make it public.

Quebec and Nova Scotia have not published air-quality reports since the mid-1980s, the report notes.

Nationally, there are "virtually no Canadian ambient-air standards or even guidelines" for toxic contamninants, and Ottawa does not have the power to enforce the objectives it has set for only five common air pollutants, the report says.

One glaring example of what Ms. Ferretti described as "the enormous gap between reality and required action" is the inability of Ottawa and the provinces to do much about urban smog.

The report says that a federal-provincial smog-management plan, drawn up in 1990, included a detailed action plan with timetables for numerous initiatives.

But the timetables are largely being ignored and few provinces even bother to send their experts to the technical working groups that are needed to implement the plan, the report says.

Similarly, Mr. Charest announced last December that Ottawa would, over the coming year, negotiate bilateral agreements with the provinces on smog-reduction targets and promised a public awareness campaign on smog. Neither has come about, the report says.

At the press conference in Quebec, Mr. Charest conceded that the smog plan is behind schedule. "Work has not progressed as significantly as we has hoped."

He said that most progress to date has been achieved in British Columbia, and he hopes to announce a detailed smog-control agreement with that province soon.

Ms. Ferretti told the press conference in Toronto that the lack of attention to air pollution probably is the result of "the perception that the way that most people are affected by toxic chemicals is by water."

What the report shows, however, is that "by far the greatest exposure that people have to contaminants or toxic chemicals is through the air." Even those contaminants that are found in water may have come from the air, the report suggests.

It notes, for instance, that 90 per cent of the pollutants in Lake Superior come from airborne sources.

Ms. Ferretti warned that if governments do not act, air quality will get worse and the worldwide trend of increasing rates of lung ailments, which in Canada have experienced a fourfold increase since 1970, will continue.

James Rusk, Globe and Mail, Nov. 27, 1992.

AIR QUALITY INDEX

In Ontario, you can telephone 1-800-387-7768 for hourly Air Quality Index readings. Environment Ontario provides a free brochure on how to interpret these readings.

OUTDOOR ALLERGIES / SENSITIVITIES

Some of us have developed allergies or sensitivities to substances often found outdoors. Common culprits include grass, trees, mould, fungi, pesticides, petrochemical products, industrial and chemical fumes and tobacco smoke.

OUTDOOR AIR - RECENT RESEARCH

Mineral Lung Burden of an Urban Population, L. Paoletti et al., Istituto Superiore di Sanita Rome, Italy, *Atmospheric Env.* 1991, v25B, n3, p381. The lung parenchyma of 85 accident victims were examined. Silica and silicates, mineral fibres and metals were detected. The greatest influence on lung burden was length of residence in the city. Sex and occupational factors were unrelated factors. The lung burden of smokers was higher than non-smokers.

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Environmental Exposure to Lead and Children's Intelligence at the Age of Seven Years, Peter A. Baghurst et al. CSIRO, Adelaide, SA. Australia. *New England J Med*. Oct 29, 92. v327, n18, p1279.

"The long-term effects of lead exposure on neuropsychological development was examined in 494 7-year-old children residing in a lead smelting town. The results indicate that, at age seven, blood lead concentrations were inversely related to IQ. When blood lead levels increased from 10 *u*g/l to 30 *u*g/l before the age of four, a 4-5% reduction in intelligence was noted."

*****

Selected Pesticide Residues and Metabolites in Urine from a Survey of the U.S. General Population, Frederick W. Kutz et al, EPA, Washington, DC. *J Toxicol Environ Health*, Oct 92, v37, n2, p277.

Urine samples from a sample of the second national Health and Nutrition Examination Survey were analyzed for concentrations of 20 multiphenol, malathion, carbamate and alkyl phosphate residue. It was detected in 71.6% of the general population. Highest residues were found in residents of urban areas with at least one million people.

*****

Anticipated Public Health Consequences of Global Climate Change, Janice Longstreth, Battelie Washington Operations, Washington, DC, *Env Health Perspectives*, Dec 91, v96, p139.

This article focuses on the expected consequences of stratospheric ozone depletion and global warming. It is believed that effects will include increases in skin cancer, eye disease, immunosuppression, heat stress, vectorborne diseases, respiratory diseases, allergic conditions, pregnancy problems, malnutrition, shortages of water and crowding.

*****

Cancer Risks Related to Different Energy Sources, P. Boffetta et al, Intl Agency for Research on Cancer, Lyon France, CEC/et al *Electricity & the Environment Sym, Helsinki, Finland*, May 13-17, 91, p219.

This conference paper analyzes the carcinogenic risks to the general population and occupational groups from the fossil fuel, nuclear fuel, renewable energy and electricity cycles. None of the cycles considered appears totally free from cancer risk and it is difficult to quantify the risks without significant margins of error. The best way of decreasing the cancer burden seems to be reduction in electricity consumption.

*****

Who the Hell Will Insure Us? Len Ackland, Univ of Colorado, Boulder, *Bull At Sci*, Nov 92, v48, n9, p22.

Workers laid off from U.S. nuclear defense plants are often not hired because new employers are concerned about the implications of insurance rates or eligibility. This article outlines how this problem evolved into its current state.

FREE INFORMATION

If you want advice on how to handle any pests without using pesticides, write or telephone the Pesticide Action League at 31 Ballyronan Rd., Don Mills, Ont., M3B 1V2 or call 416-445-9070.

BOOK REVIEWS

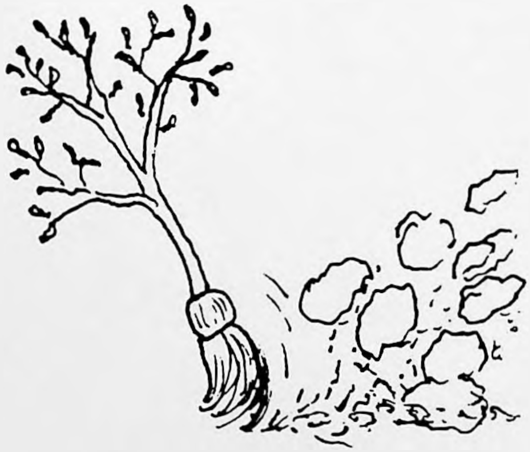
NONTOXIC VIEWS

The popular literature on environmental sensitivities has just started to accumulate over the last 13 years. In this issue, we decided to review some of the practically-oriented articles and books published during these years.

We would also be interested in having you review some recent works. If you have read a book or seen a video that you would like to review, please do so and send it to Betty Auslander, 85 Walmsley Blvd, Toronto, Ontario, M4V 1X7.

Ashford, Nicholas and Claudia Miller. Chemical Exposures - Low Levels and High Stakes. New York: Van Nostrand Reinhold, 1991.

This book is for those who want to understand what substances can cause environmental hypersensitivity, which groups of people seem most at risk, treatments and patient concerns. This book is not really "practically oriented" but we included it because it is the best summation of what is known about the phenomenon of environmental hypersensitivity.



Berthold-Bond, Anne. Clean and Green: The Complete Guide to Nontoxic and Environmentally Safe Housekeeping.Woodstock, New York: Ceres Press, 1990.

This wonderful book gives recipes for using vinegar, baking soda, soap and borax to do any cleaning job in your home. The author developed each recipe by testing them in her home. I have found them very effective.

Bower, John. The Healthy House:...How to Buy One...How to Cure a Sick One...How to Build One. New York: First Carol Publishing Group, 1991.

If you are planning to do any home renovations or to build a healthy home, this book is very useful. Bower has chapters on every facet of building e.g. roofing, insulating, flooring and mechanical. He describes what products are available in the marketplace and how they can effect the environmentally hypersensitive.

Bruce, Gene. "The Bedroom Goes Natural". East West. March 1987, p 56-59.

This article tells us how to detoxify the bedroom by the removal of formaldehyde, polyester, polyurethane, flame retardants and pesticides. It also lists the names of retailers carrying natural bedding.

Dadd, Debra Lynn. Nontoxic and Natural + Earthwise. Los Angeles: J.P. Tarcher Inc. 1990.

This excellent book contains an alphabetical listing of all products in a home that might contain toxic chemicals. Each product description is followed by a listing of safe alternatives and do-it-yourself options. She groups the products into water, food, garden supplies, cleaning products, pesticides, personal care, textiles, children, office, furnishings and pets.

Dadd, Debra Lynn. The Nontoxic Home - Protecting Yourself and Your Family from Everyday Toxics and Health Hazards. Los Angeles: J.P. Tarcher Inc. 1986.

Dadd discusses toxic chemicals and other health hazards found in the home and provides information that helps the reader determine which pose the greates health risk and which are easiest to change. She covers cleaning products, pesticides, personal care products, food, fibres, home office supplies and tobacco smoke.

Greenpeace. Stepping Lightly on the Earth: Everyone's Guide to Toxics in the Home. Current Fact Sheet.

This four page fact sheet indicates how to make non-toxic substitutes for products used in our homes including personal care products, office products, polishes, furniture and building materials, car and garage, lawn and garden. You can get a free copy by sending a self-addressed envelope to Greenpeace, 185 Spadina Avenue, 6th Floor, Toronto, Ontario, M5P 2C6.

Krop, Jozef. The Ecological Guide. 1990.

Dr. Krop is a clinical ecologist who helps the environmentally hypersensitive regain good health. In this self-published book of 143 pages, he discusses likely causes, treatments and the need to avoid contact with substances that trigger symptoms. He profiles some 27 substances or groups of substances like mould, formaldehyde, corn and plastics that trigger environmental hypersensitivity symptoms. He provides thorough lists of where one could come in contact with such substances and recommends alternatives. You can order this book by writing Dr. Krop's office at 6901 2nd line W, Malton, Ontario, L5M 2B5 or by calling 416-564-0122. The book costs about $11.00.

Reed, Barbara. Food, Teens and Behavior. Wisconsin: Natural Press, 1983.

This wonderful woman is a probation officer who has discovered that if she can get teens she works with to control their intake of sweets and junk food, they will be unlikely to commit a second crime. It's a wonderful book.

Randegger, Ed. "What's Hot, What's Not...an EMF Update". Environ. #11, 1991.

In this six page article, Randegger provides some important literature on 60 Hertz electro-magnetic fields and tells homeowners what to prudently avoid. It is informative and readable.

Rousseau, David, W.J. Rae and Jean Enwright. Your Home, Your Health and Well-Being. Vancouver: Hartley and Marks, Ltd., 1988.

This 300 page book describes what people can do to design or renovate their house or apartment to be free of outdoor and indoor pollution. It covers indoor air quality; designing a healthy home; rating each building, finishing and furnishing material as to whether it gives off harmful contaminants; and environmental illness.

Small, Bruce and Barbara. Sunnyhill: The Health Story of the 80's. Ontario: Small and Associates, 1980.

This book is written by two sufferers of ecological illness. It documents how they discovered their allergies and changed their lifestyles so that they could detoxify their bodies and be able to function without muddled thinking, rapid mood swings and ill-health. Bruce Small is a professional engineer who designed their new home, Sunnyhill, which will have facilities for others with ecological illness to live temporarily while they 'detoxify'.

You can order a copy for $19.00 (includes postage) payable to Small Associates at RR#1, Goodwood, Ontario, L0C 1A0.

Zamm, Albert. Why Your House May Endanger Your Health. New York: Simon and Shuster, 1980.

This is an easy to read yet thought provoking book. Zamm, a medical doctor, discusses how to maintain a healthy home, how to select a healthful site and how to design a healthy house. He includes engineering plans.

He covers the problems of house dust, electro-magnetic waves and petrochemical sensitivity. He makes recommendations on clothing and furnishing decisions.

Betty Auslander

TIP SEEKERS

QUESTIONS...

..., answers or tips that you may have on "safer" products or lifestyles are welcome. Please address them to: The Tip Seekers, 85 Walmsley Blvd., Toronto, Ontario, M4V 1X7.

QUESTIONS & ANSWERS

Q. We are in the process of looking for a new home. Does it really matter whether there is any industrial activity in the area?

A. Some industrial activity produces air pollution that could adversely affect human health. I would recommend that you avoid living downwind from manufacturing plants, chemical plants, gas stations, major roads or highways and garbage dumps.

It would also be prudent to avoid property that might have been previously used by such industries. There is a chance that the lot could be contaminated by such things as heavy metals, petrochemicals, or other chemicals. These items could affect your health by entering vegetables that you grow and eat or by becoming airborne and inhaled.

I would also avoid living near high voltage transmission lines, living near parks or golf courses that are routinely sprayed with pesticides, or living in a house that has been chemically treated for termites. Pesticides are poisons and can cause a variety of short-term symptoms (e.g. headaches, skin problems) and long-term problems to the liver and central nervous system.

The concern about high voltage transmission lines has to do with the magnetic fields that are produced. There have been some studies that have linked electrically produced magnetic fields with childhood leukemia. In a March 1992 report, Toronto's Department of Public Health states that conclusive studies need to be done but recommend that people, especially children, minimize their exposure to such magnetic fields.

Q. I recently bought a detector that measures low frequency magnetic fields caused by electrical devices. I am getting readings of 5 milligauss in some areas of my home. Should I be concerned? What can I do about it?

A. Every electrical device that we use has an associated magnetic field. Some of the items in a house that could produce a 5 milligauss reading at one foot away include televisions, computers, fluorescent lights, photocopiers, grounding wires, furnace motors, and power entry points. As you move away from these items the readings get lower. The general recommendations are to stay 4 feet away from televisions; 3 feet away from computers; and 6 feet away from fluorescent lights.

Neither the Canadian nor the U.S. government has established a "safe" level of exposure. Sweden has set a guideline of 2.5 milligauss. I think that it would be prudent to make sure that you are not exposed to more than 2 milligauss for any extended period of time.

So, if you are getting a reading of 5 milligauss on your bed or over your favourite chair, I would try to locate the cause and take steps to lower the field. First check for any obvious electrical devices like a clock radio and move them away until the reading gets below 2 milligauss.

If there are no electrical devices present, the problem might be caused by improper grounding, an imbalanced electrical system, a furnace motor, grouping of wires and water pipes in the basement or outside hydro lines. You may need the assistance of an electrical engineer or an electrician, who is interested in the area, to help resolve this kind of problem.

If you do not have a magnetic field detector and are interested in getting some readings, you can call Ontario Hydro at 416-592-8602. They provide a free service where someone will come to your house and take readings. They also provide free brochures on electric and magnetic fields.

Health and Welfare Canada also provides a free brochure on *Electric and Magnetic Fields and Your Health.* Write to the Communications Directorate, 5th Floor, Brooke Claxton Building, Ottawa, Ontario, K1A 0K9.

*****

UNSOLVED QUESTIONS

1. How do I stop mould from forming on plant pots? - Toronto, Ont.
2. Does anyone know where I can buy a sweat shirt that doesn't give off formaldehyde? - Toronto, Ont.
3. Does anyone know how to get dog urine smell out of wool area rugs - without scents or chemicals? Toronto, Ont.

THE TRADING POST

TYPIST WANTED

The AEHA Quarterly is looking for a volunteer typist in the Toronto area. The work would involve straightforward typing on an IBM or IBM compatible computer.

If interested, please contact Marianne Bertrand at 694-6020 or Betty Auslander at 487-2061.

*****

CLEAN HOUSE FOR SALE

Mr. and Mrs. Charles Watson
S.S. 2, Site 9, Comp. 51
Penetangui shene Ontario, L0K 1P0
705-549-2630

MEMBERSHIP APPLICATION

Membership including a subscription to the Quarterly is $25.00 per year.

Name: ______________________

Address: ______________________

____

Postal code: ______________________

Phone: Home: ______________________

Work: ______________________

Fax: ______________________

Date: __________ New: ___ Renewal:___

Which branch, if any, you would like to belong to: ______________________

Annual membership	$25.00
Donation	______
Total	______

Make cheque or money order payable to: Allergy and Environmental Health Association, P.O. Box 40604 Burlington, Ontario, L7P 4W1.

Comments ______________________

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PROFESSIONAL LISTINGS

PROFESSIONAL LISTINGS

We are developing lists of health professionals who work with the environmentally sensitive. If you are interested in having your name put on this list, send a letter describing the kind of services you provide to Betty Auslander, 85 Wamsley Blvd., Toronto, Ontario, M4V 1X7.

We are providing this list as a service to our members, however each member should decide very carefully who s/he wants to work with. Inclusion in these listing does not imply endorsement by the AEHA.

MEDICAL DOCTORS IN THE CANADIAN SOCIETY FOR ENVIRONMENTAL MEDICINE

Doctors, who are members of the Canadian Society for Environmental Medicine, mainly work with patients that have environmental sensitivity disorders like multiple chemical sensitivity, asthma, hay fever, dermatatis, chronic fatigue syndrome, candida and lupus. Most of these doctors have taken extra training in this area through the American Academy of Environmental Medicine.

F. Anello, M.D., Cambridge, 519-653-3731
J. Aubry, M.D., Sturgeon Falls, 705-753-2300
P. Bright, M.D., Mississauga, 416-564-0122
L. Gilka, M.D., Ottawa, 613-820-6118
R. Greenberg, M.D., Vancouver, 603-224-0196
A. Haque, M.D., Regina, 306-757-6688
J. Krop, M.D., Mississauga, 416-564-0122
J. Maclennan, M.D., Dundas, 416-628-8241
R. Mickelson, M.D., Glouchester, 613-830-5764
J. Molot, M.D., Ottawa, 613-235-6734
T. Polevoy, M.D., Waterloo, 519-888-0389
W. Tetz, M.D., Lacombe, 403-782-3513
M. Zazula, M.D. Mississauga, 416-276-7754

OTHER HEALTH PROFESSIONALS

H. Adirim, DDS, ND, Toronto, 416-922-6866
D. Colson, DDS, Toronto, 416-482-2133
L. Christian, ND, Willowdale/Oakville, 416-226-4478
K. Kerr, MD, Toronto, 416-927-9502
I. Korman, MD, Willowdale, 416-222-3175
M.V. Miller, DDS, ND, Toronto, 416-293-4119
A. Powell, MD, Toronto, 416-469-4250
Z. Rona, MD, Toronto 416-534-8880
J. Seale, MD, Ottawa 613-830-1298

Environmental Dental Association
1-800-388-8128.

- Referrals, resources and information on nontoxic dentists.

ND - Naturopath
DDS - Dentist

BUILDERS & RENOVATORS

Rulestone Renovations, Toronto, 416-694-6016
Green City Design, Toronto, 416-691-2477
Lowans & Stephen, Toronto, 416-512-2628
Greg Allen & Associates, Toronto, 416-962-6193

CONSULTANTS

M. Burstyn, Patient information and chronic illness. 416-832-0789.

B. Small, expertise in building products that contain minimal levels of chemical irritants. 416-649-1356.

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